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ABSTRACT

Adolescence is becoming an increasingly dangerous time of life, with increased violent deaths, juvenile delinquency, and sexual activity. Designed for therapists in psychology, social work, school psychology, family therapy, guidance counseling, and other areas, this book outlines current knowledge concerning adolescent development, along with the author's own experience as a therapist. Part 1 outlines normal adolescent neurological, physical, and reproductive development. Part 2 describes developmental tasks in several areas including personal identity, peer relations, and vocational choice. Part 3 focuses on developmental traps such as aggression and substance abuse, and includes proposals for treatment and for changes in social attitudes and policy. The chapters of the book are: (1) "Theories of Adolescence"; (2) "Childhood to Adulthood: A Rite of Passage"; (3) "Neurological and Cognitive Development"; (4) "Pubertal Development"; (5) "Therapeutic Stance"; (6) "Identity," focusing on adolescent self-awareness, self-concept, and the goal of identity development; (7) "Spirituality and Values"; (8) "Sexuality"; (9) "Family," emphasizing that adolescent development takes place within the context of family development, and discussing family conflict, codependency, adoption issues, and substance use; (10) "Social Relations"; (11) "Education and Vocation"; (12) "Violence"; (13) "Suicide"; (14) "Drug and Alcohol Use"; (15) "A Cluster of Risk Behaviors"; (16) "Eating Disorders and Body Image"; (17) "Depression"; and (18) "Chronic Diseases." The "Conclusion" chapter notes that change is possible, and includes suggestions for social change, and a discussion of the "rewards" of guiding youth. Extensive notes for each chapter are included. Contains 82 references. (BGC)

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